



GIC#30297



**Smart Snacks  
Product Calculator  
Results**

Brand:  
**Frederick Farms**

Product Name:  
**3oz LF Strawberry Ripple Cup**

Serving Size:  
**51.00 g**

First Ingredient:  
**Milk**

Your non-beverage dairy product meets all nutrient standards for entrees or snack foods.

**Nutrition Facts**

Serving Size 51.00 g  
Servings Per Container

Amount Per Serving

Calories 80                      Calories from Fat NA

Total Fat (g) 1

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 50

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

*The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.*

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:



3oz. LF Strawberry Ripple Cup (NO HFCS)

Created 3/24/2017 - DTG

GC# 30297

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>3 Fl. Oz. (51g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 11g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 77mg	<b>6%</b>
Iron 0mg	<b>0%</b>
Potassium 120mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILK, NONFAT MILK, LIQUID SUGAR (SUGAR, WATER), CORN SYRUP, STRAWBERRY SAUCE (CORN SYRUP, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: POTASSIUM SORBATE [PRESERVATIVE], CITRIC ACID, FD&C RED #40, ARTIFICIAL FLAVOR, FD&C BLUE #1), WHEY, MALTODEXTRIN, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL VANILLA FLAVOR, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, VITAMIN A PALMITATE.

Contains: Milk.